

## National Organisations with dedicated Information and Advice Helplines

Organisation	Information and advice will be tailored to.....	Information and Advice Helpline	Opening hours (where known)
Royal National Institute for Deaf People RNID	People with a hearing impairment	0808 808 0123	8.30am-5pm Mon-Fri
Age UK	Older adults, their carers and families	0800 678 1602	8am-7pm 365 days a year
Alzheimer's Society	People with Dementia, their carers and families	0300 150 3456	9am-8pm Mon-Weds, 9am-5pm Thurs-Fri, 10am-4pm weekends
Carers UK	All carers	0808 808 7777	Monday to Friday 9am-6pm (excluding bank holidays)
Citizens Advice	Everyone	0800 144 8848	9am-8pm Mon-Fri 9.30am-1pm Saturday
Deafblind UK	People with a sight and a hearing impairment	Tel: 0800 132 320 Text: 07903572885	9am-5pm Monday to Thursday 9am-4pm Friday
Disabled Living Foundation	Anyone needing advice around independent living equipment	0845 130 9177 <a href="mailto:helpline@dlf.org.uk">helpline@dlf.org.uk</a>	
Headway	People with an acquired brain injury, their carers and families	0808 800 2244 <a href="mailto:helpline@headway.org.uk">helpline@headway.org.uk</a>	
Independent Age	Older adults, their carers and families	0800 319 6789	Monday-Friday 9am-5pm

		<a href="mailto:advice@independentage.org">advice@independentage.org</a>	
<b>Mencap</b>	People with learning disabilities, their carers and families	0808 808 1111 <a href="mailto:helpline@mencap.org.uk">helpline@mencap.org.uk</a>	9am-5pm Mon-Fri
<b>MIND</b>	People with a mental health problem	0300 123 3393	9am-6pm Mon-Fri (except bank holidays)
<b>National Autistic Society</b>	People with Autism, their carers, families and friends	0207 833 2299	Monday- Friday 9am-12pm and 1-3pm
<b>NHS website</b>	Any non-urgent health related issue	<a href="https://www.nhs.uk/">https://www.nhs.uk/</a> Call 111 Or go to 111.nhs.uk	
<b>Parkinson's UK</b>	People with Parkinson's Disease	0808 800 0303 Text relay: 18001 0808 800 0303 (for textphone users only)	Monday- Friday 9am-6pm and Saturday 10am-2pm (Closed bank holidays)
<b>Royal National Institute of Blind People (RNIB)</b>	Information and advice for people with sight impairment	0303 123 9999 <a href="mailto:helpline@rnib.org.uk">helpline@rnib.org.uk</a> or say "Alexa, call RNIB Helpline"	8am-8pm Monday-Friday 9am-1pm on Saturdays